



February, 1999

Volume XXX, No. 1

FREE

HISTORIC DISTRICT SEEKS LANDMARK STATUS – See *Below*



Historic structures such as these from an 1890 photo would be preserved under Landmark status sought by Dogpatch neighbors.
Potrero Hill Archives Project photo

Dogpatch Neighbors Seek to Win Landmark Status for Historic District

By Carol Peterson

The newly-reorganized Dogpatch Neighborhood Association (previously known as the Lower Potrero Hill Neighborhood Association) is mounting an ambitious drive to have their community designated as a City Landmark District.

Dogpatch generally refers to the eastern slope of Potrero Hill South of 20th Street.

Should this effort be successful, it would place an obstacle in the path of developers seeking permits to construct live/work projects and multi-unit buildings in the area in the coming years.

Technical consultant for this project is Chris Ver Planck of San Francisco Architectural Heritage. Ver Planck wrote his graduate thesis on the historical significance of 17 houses on Minnesota and Tennessee Streets, which were designed by architect Jon Cotter Pelton, Jr. in the early 1880s. These dwellings, 13 of which still stand, are of interest not only because of their age, but also because of the circumstances under which they were erected.

Dogpatch in the 1880s was populated mainly by employees of the nearby Union Ironworks, Pacific Rolling Mill Company, Tubbs Cordage, Western Sugar Refinery, and similar industrial enterprises.

Pelton wanted to give these low-income families the opportunity to move out of the tenement dwellings that were, prior to that time, the only option open to those on a limited budget.

In order to bring affordable single-family housing to the populace, he published a series of designs and specifications in the *San Francisco Evening Bulletin* between 1880 and 1883. By providing these plans at no cost to the public, he made it possible for a developer to construct and sell these units at a price that was within the industrial worker's reach.

Ver Planck and the association have just begun the groundwork on a proposal to protect the area under Landmark status. The project should be completed in four to six months, at which time it will be brought before the city Landmarks Board for consideration.

This committee, which is appointed by

the Mayor and operated within the Planning Commission structure, may approve the proposal and send it on to other agencies for their determination. Ver Planck believes that neighborhood support is pivotal in convincing the Landmarks Board of the proposal's merit.

Ver Planck also stressed that Landmark status would not add any burden to the residents of the district. No limitations would be set by the Landmarks Board to force property owners to conform to the same historical style as the Pelton cottages.

(Continued on Page 5)

Petitions Turned Over to City For Permit Parking on the Hill

Petitions requesting Residential Parking Permits for the northeast section of Potrero Hill have been turned over to the city's Parking and Traffic Dept.

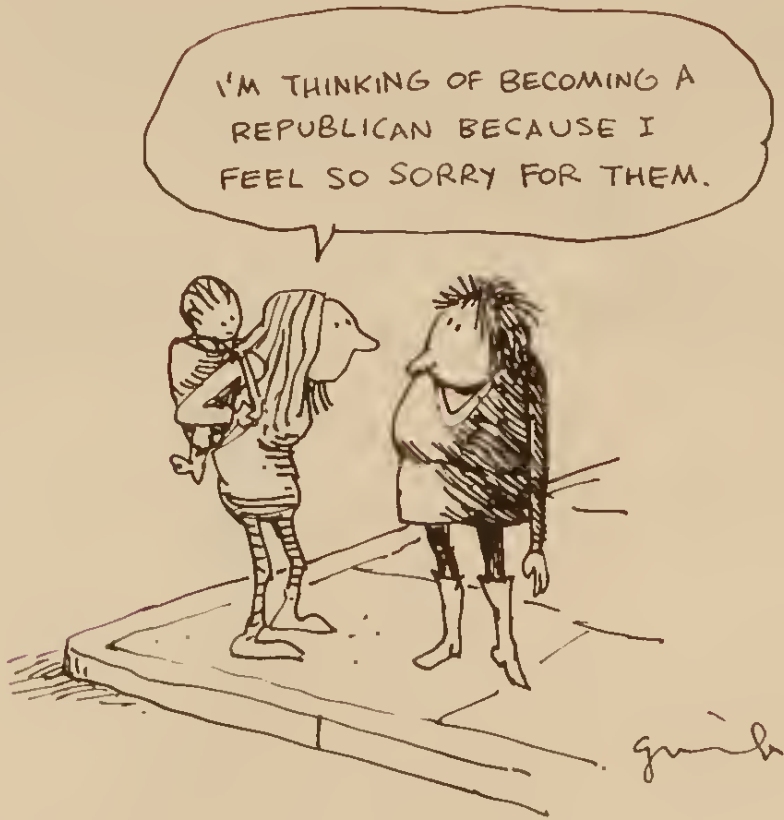
Signatures on the petitions, stressed petition drive coordinator Babette Drefke, came from "neighbors who wish to protect their part of Potrero Hill from being overrun with parking caused by ballpark customers and others."

Now the City will start the process of determining the authenticity of the

signatures that were turned in and deciding whether the area in question qualifies for Residential Parking Permits.

License plates of cars parked in the area will be studied to help determine whether cars that are parked in the streets under consideration are owned by neighbors or by commuters from outside the designated area.

(Continued on Page 5)



GETTING INVOLVED

ROSES (Residents of the Southeast Sector) meets the first Thursday of each month (Feb. 4) with members of the San Francisco Police Department, to discuss issues of public concern. The forum takes place at 7 p.m. in the Community Facility downstairs at 1800 Oakdale at Phelps. Next meeting: March 4.

Potrero Hill Health Center Advisory Board meets the second Monday of the month (Feb. 8) from 6-7 p.m. Meetings, held at the Center, at 1050 Wisconsin Street, are open to the public.

Potrero Hill Democratic Club meets the second Tuesday of each month (Feb. 9). The meetings start at 7 p.m. at the Potrero Hill Neighborhood House, 953 De Haro. Call Bob Boileau for speakers and agenda: 826-3659.

Starr King Park Board of Directors meets the second Wednesday evening of each odd-numbered month (next meeting: Mar. 10) at 7 p.m. in the Potrero Library upstairs meeting room, 1616-20th St. The Saturday work parties (9:30 - 11:30 a.m.) will continue every month on the third Saturday (Feb. 20). The park is located at Carolina and 23rd Streets. Volunteers to serve on the board may call Jane Fay, 285-4743.

PLAN (Potrero League of Active Neighbors) meets in executive session only. Anyone wishing to raise an issue for consideration by the board may phone Elizabeth at 826-6359.

Potrero Boosters Neighborhood Assn. meets the last Tuesday of the month (Feb. 23) at 7 p.m. in the Potrero Hill Library, 1616-20th St. For agenda details and speakers call Dick Millet, 861-0345.

Potrero Hill Garden Club meets the last Sunday of the month (Feb. 28) at 11 a.m. for a potluck brunch in a local home or garden. Informal discussion will be held on a variety of subjects relating to organic, edible or ornamental gardening appropriate for Potrero Hill's particular mini-climate. Please call 648-6740 for details.



EDITOR: Ruth Passen **ASSOCIATE EDITOR:** Judy Baston
EDITORIAL BOARD: Vas Arnautoff (1925-1998), Judy Baston, Ruth Passen, Lysa Allman, Judy Baston, Kelly Castagnaro, Linda Clark, Maya Ulloa-Charbonneau, Michael Dingle, Bernie Gershater, Larry Gonick, Abby Johnston, Ann Longknife, Marylouise Lovett, Winifred Mann, Denise Meblin-Kessler, Carol Peterson, Julia Segrove and Lester Zeidman.

Editorial and policy decisions are made by the staff. All staff positions are voluntary.

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McKinley Square Park

Editor:

The McKinley Square Park (20th & Vermont Streets) renovation has finally begun after six years. When completed, the park will include a brand new playground for tots and older kids, picnic tables, water fountain, new sod and irrigation, and an improved "official" dog run area with a circulation path, low maintenance plants and irrigation on the hillside.

The budget for this renovation was made in 1993, and after a number of delays and some unexpected costs we find that we are still in need of money to complete the project as planned. We are being awarded a matching grant from the Friends of Recreation and Parks, but we are still short. If we raise the money in the next month while the contractor is still there it will cost much less than if we have to begin the process again.

We are asking our community to please help us finish this project by donating any amount possible. Checks can be made out to PLAN (our fiduciary agent) indicating Friends of McKinley Square. Donations are tax deductible and can be sent to Friends of McKinley Square, 953 Dellaro St. Any questions, please call Joan Ryssin-Anthony at 821-7279 or Cathy Franklin at 641-5441. This will soon be a lovely, revitalized park in the character of our unique Potrero Hill community.

We thank you for your support.

Friends of McKinley Square

Earthquake Readiness

Editor:

Can you and your family survive the "Big One," or are you just kidding yourself? We residents of Potrero Hill have a reputation for being able to take care of our own, so let's keep on doing just that and prepare ourselves for the inevitable.

The San Francisco Fire Department will be conducting free NERT disaster preparedness training classes at the Potrero Middle School, 655 De Haro St. (at 18th). Classes begin at 6:30 p.m. on Thursday, February 18, 1999. The training classes will be held in the cafeteria and will cover:

- Earthquake history and probability, how to prepare your home and yourself.
- Utility shut-off, fire extinguishers, hazardous materials awareness.
- Disaster medicine, START triage.
- Damage assessment, light search and rescue, lifting and cribbing.
- The City Disaster Plan, incident Command (ICS), team organization and management.
- HANDS-ON TRAINING: Lifting, Live Fire Extinguishing, Medical Triage, Damage Assessment, and Interior Search.

To reserve your space in the upcoming training, call (415) 558-3459. If you have any questions about the training or the Potrero Hill NERT Team, call Bob or Lynn Jacklevich at (415) 282-4195.

Remember, the next quake will not be by invitation only. If you're here, you will take part whether you want to or not. It's our fault, so let's learn to deal with it.

Lynn and Bob Jacklevich
Potrero Hill Coordinators, NERT



Happy Birthday . . .

HAPPY FEBRUARY BIRTHDAY: Ellie Baines, Esther (Hon) Brown, Michele Burton, Mimi Cooper, Albert Dangel, Marissa Dorr, Ria Franks, Dan Gershater, John Neitman, Shervon Hunter, Nat Irons, Roberta Kershaw, Sam Kiebal, Abraham Lincoln, Corey Monroe, Richard Reineccius, Carolyn Souther, Evie Wakefield, George Washington, Neal Wood, Jazmine Yeh.



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LIBRARY NEWS

POTRERO BRANCH

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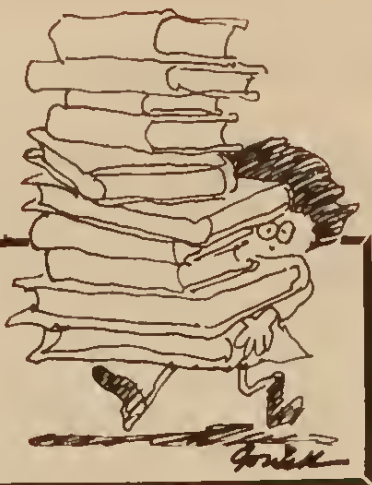
Tuesday: 10 am - 9 pm

Wednesday: 1 pm - 9 pm

Thursday: 10 am - 6 pm

Friday: 1 pm - 6 pm

Saturday: Noon - 6 pm



BUILDING BRIDGES DURING BLACK HISTORY MONTH

During the month of February (Black History Month), San Francisco Public Library will be celebrating the art of African-American illustrator Jerry Pinkney, with a display of his original paintings in the Jewett Gallery of the Main Library.

Satellite children's Building Bridges programs will take place in all the branches from January through March. At Potrero, those programs take place in January and March. On Saturday, Jan. 30, at 4 p.m., the Pandora Dancers from Lick-Wilmerding High School perform dances from Africa and India, and on Saturday, March 27, at 4 p.m., Just Kidding performs a diverse selection of traditional American music and songs. Be sure to check out the display of African-American illustrators in the display case this month.

BOOK DONATIONS

A frequent question from library patrons is "Do you accept donated books?" The Friends and Foundation of the San Francisco Public Library places a barrel in some of the branches to collect certain kinds of books, which it sells at its Book Bay bookstore at Fort Mason. Proceeds from those sales support the children's programs at the library branches.

Prior to sending donated books to Fort Mason, local librarians check through them and select books that are in good condition to fill in gaps in local collections. You may ask for a receipt for the books you donate, but the library may not in any other way assess their value (for tax or other purposes).

Gifts of more than \$500 in value may not be accepted by local branches because they must be evaluated by staff at the Main Library in collaboration with the Library Commission. Textbooks and magazines will not be accepted as donations, including National Geographic. Magazine donations are often welcomed by homeless shelters. PLEASE DO NOT DONATE such things as used children's coloring or comic books, dirty, used, marred, torn, moldy, insect-infested mildewed or otherwise damaged books, or books which contain out-of-date information. We throw away such material. PLEASE DO NOT LEAVE boxes of donated books in front of the library when it is either open or closed. Such actions leave the library liable for littering fines.



THE VIEW AT THE LIBRARY

If you are searching for a story that ran in the Potrero View a long time ago, take a look at the bound volumes at the Potrero Branch Library which contain every issue from the very first one in 1970 through December 1991. We will have more recent issues bound in the not-too-distant future, but in the meantime, check with the librarian who may have them on file.



CHILDREN'S PROGRAMS

Infant and Toddler Lapsit takes place on Thursdays, Feb. 11, 18 and 25 at 10:30 a.m., and Children's Story Time takes place on Wednesdays, Feb. 10, 17, and 24 at 7 p.m. The film "Amanda and the Mysterious Carpet" will be shown on Tuesday, Feb. 2, at 10 a.m., and Wednesday, Feb. 3 at 7 p.m.

COMING ATTRACTIONS:

AFRICAN-AMERICAN INTEREST

BOOKS ON ORDER

*"Jones, Gayl. "Mosquito." "Mosquito" Johnson is the only female African-American independent trucker driving a route along the Texas border. She becomes involved in the new underground railroad which offers sanctuary to Mexican immigrants.

*"Smith, Mary Burnett. "Ring Around the Moon." Coming-of-age story set in the 1940s, as nine-year-old Amy adjusts to a new neighborhood where her parents have moved in an effort to save their marriage.

*Curtis, Susan. "First Black Actors on the Great White Way." This meticulous, scholarly work seeks to explain

why the 1917 landmark event — the first Broadway production in which African Americans portrayed Black characters in a serious drama — failed. Concludes with a look at Eugene O'Neill's "Emperor Jones."

*Adams, Janus. "Freedom Days: 365 inspired moments in civil rights history."

Vividly told vignettes celebrate unforgettable activists, overlooked fighters, milestones and triumphs of the human spirit over institutionalized racism and oppression.

*McDonald, Janet. "Project Girl." McDonald, who now lives in Paris, was raised in projects in Brooklyn, NY. This is the powerful story of her life.

*White, Deborah G. "Too Henvy a Load." Surveys a century of activism by Black women.

*Moutoussamy-Ashe, Jeanne. "Viewfinders: Black women photographers." An historical survey of Black women photographers. Offers an impressive selection of photographs, commenting on the many struggles and triumphs of a people, while illustrating the talents of pioneers.

COMING ATTRACTIONS:

BOOKS ON ORDER FOR CHILDREN

*Johnson, Dinah. "All Around Town: the photographs of Richard Samuel Roberts"

*Cosby, Bill. "Money Trouble."

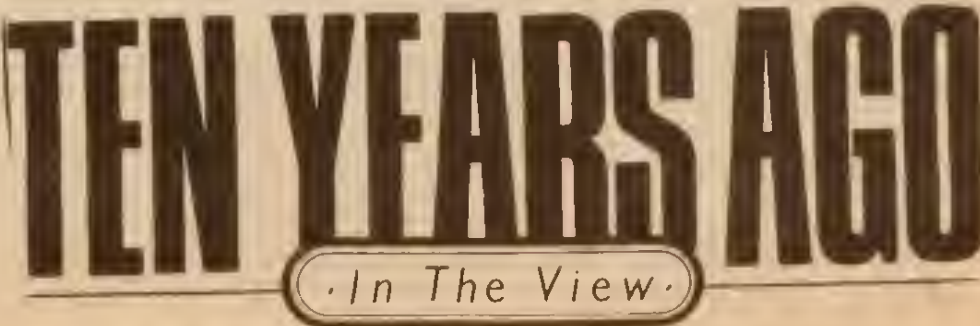
*Cutler, Jane. "Song of the Molimo"

*McCaughrean, Geraldine. "Pirate's Son"

*Steig, William. "Pete's a Pizzn"

*Wesley, Valerie. "Freedom's Gifts: a Juneteenth Story"

Toba Singer
Branch Librarian



HILL CELEBRATES VICTORY

Wild celebrations at several bars as the Hill celebrated the victory of the 49ers in Superbowl XXIII.

STADIUM PRIORITIES

A View editorial criticized the Mayor's 1989 plans to subsidize the building of a stadium arena in view of the expected \$80 million dollar budget shortfall.

NEIGHBOR ON COMMITTEE

Former Hill resident and activist Molly Wood was sworn in as a member of the Citizens Advisory Committee on Elections, an 11 member watchdog group to monitor the County Registrar on voters' compliance with federal, state and local election rules.

NEW SCHOOL OPENS

International Studies Academy, an alternative high school in the SF Unified School District, opened its doors in the old Patrick Henry Elementary School building on Vermont Street, its first permanent home. It was established as a special interest school with emphasis on foreign languages and international studies. Languages offered included Chinese, French, Japanese, Spanish and German. Courses in international business were also given.

WORK PURLOUGH SITE PROPOSAL STIRS HEATED DEBATE AMONG NEIGHBORS

The City Planning Commission approved a work furlough facility on Indiana Street to house 50 offenders, considered low-risk by the Department of Corrections, during the last 90 days of their sentences. Public testimony — both pro and con — was heard from resident, business owners, and participants in the program.

GANG ACTIVITY DISCUSSED

The shooting of a 13-year old Potrero Hill youth in the Mission District sparked discussion of possible gang activity on the Hill. The head of the Police Narcotics Division contrasted the situation in Los Angeles, where there were an estimated 70,000 gang members, with San Francisco, where there were only about 1,000.

BENEFIT AT ST. TERESA'S

A benefit performance to help preserve the Arctic National Wildlife Refuge Coastal Plan in Alaska was to be held in February at St. Teresa's Church. The aim was to prevent massive oil and gas development on the wildlife refuge called "perhaps the last complete and unspoiled ecosystem in North America."

'CUCKOO'S NEST' PERFORMED AT NABE

The Potrero Hill Theater Ensemble's production of "One Flew Over the Cuckoo's Nest" starred Rochelle Savit in the role of the nurse from Hell, Nurse Ratched, in Feb/May. Savit had practiced as a family therapist before turning to the theater.

AND TWENTY YEARS AGO . . .

SF General Hospital opened an Occupational Medical Clinic, called the Workers' Clinic, to diagnose and treat workers who have contracted diseases or been injured on the job . . . PG&E's proposed construction of an expanded power plant at the bottom of the Hill drew angry complaints that Potrero Hill was tired of having unwanted construction and facilities "dumped on us." . . . SAFE was resuming its activities to help reduce crime on Potrero Hill . . . plans were underway to establish a Senior Escort Service on the Hill . . . Bruce Franks and Lisa Gershater were married in a ceremony at the Neighborhood House . . . in February, the Nabe and the Julian Theater co-sponsored the performance by the Oakland Ensemble Theater of Athol Fugard's play, "The Island," starring Danny Glover and Carl Lumbly . . . the Nose reported a shocking tale: a Victorian house on Rhode Island sold for \$96 big ones; a month later it's on the market for \$106."

— Bernie Gershater

Potrero Hill's St. Teresa's Participates in the Fight For Affordable Housing in Mission Bay Development

By Carol Peterson

Efforts by Potrero Hill's St. Teresa's Parrish and others in the Bay Area Organizing Committee (BAOC) have caused the Catellus Corporation to alter their plans for the proposed Mission Bay development to reflect an increase in the number of subsidized low and middle income housing units to be included.

As a result of the efforts of the BAOC and other community groups, Catellus will now be required to reserve 83 out of 255 units in this category, nearly double the amount slated in their original proposal.

Father Peter Sammon and members of his congregation in the Potrero Hill-based St. Teresa's Parish are part of the BAOC, which has been active in a number of community service projects in the past several years.

The BAOC is comprised of religious congregations, community organizations, and labor unions in the San Francisco

area. The recent victory around Mission Bay is only one of the public service efforts in which they have had an influence recently.

Other successfully concluded projects include the preservation of 240 homes due to be demolished by BART expansion, the defeat of proposed staffing

cuts at Laguna Honda's already overtaxed facility, and processing citizenship applications for church members in need of assistance in dealing with the Immigration Service.

They also encourage contributions from their member organizations, which are pledged to facilitate "works

for the common good." The BOAC office is located at 113 Golden Gate Avenue, San Francisco 94102. Anyone interested in joining them in their efforts may telephone them at 751-6174 or visit their office in person.

Southeast Community College Slates Presentations at Nabe

The Southeast Campus of City College is planning an outreach activity February 6 and 13, at the Potrero Hill Neighborhood House, 953 De Haro St., 10 a.m. to 2 p.m. This event will introduce to the general public the numbers and range of courses and opportunities available at the college.

Courses include child development, business (including all levels of word processing, business correspondence, and computer instruction), home health aide, adult basic education (including pre-GED, math skills development, oral/written communication assistance, and vocabulary/spelling enhancement). Additionally, studies in consumer arts includes fashion sewing and alteration, millinery, lingerie design and construction, and draping design and pattern development.

Classes are available in all levels of ESL, as well as learning computer repair skills. A two-semester credit certificate program is offered in Office Information Processing/Secretarial.

Childcare is also available at Southeast,

and the Head Start program is enrolling students - the first priority is for working parents and parents in school.

For those unable to attend the events at the Neighborhood House, enrollment and information is available at the school's building, 1800 Oakdale, Room 200. Or call 550-4344 for further information.

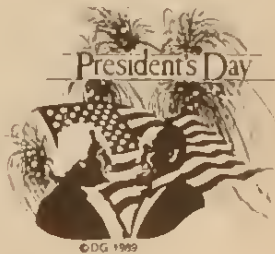
Workshop Set On Design of Playground At the Nabe

A Community Design Workshop for the Potrero Hill Neighborhood House Learning Garden and Playground will take place from 10 a.m. to 5 p.m. on Saturday, Feb. 27, at the Neighborhood House, 953 DeHaro Street.

This project to renovate the playground space at the Nabe is a collaborative undertaking of the Potrero Nuevo Fund, the School of Architecture at California College of Arts and Crafts, and the Neighborhood House.

The workshop will generate ideas and insights about the design of this space, which will be a place of gathering and playing, and of teaching and learning about the environment.

This workshop will involve people from the Nabe community and CCAC faculty and students. All interested people are invited to participate. For further information, please call John Bass at 824-5978.



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Enola D. Maxwell, Executive Director

ON-GOING MEETINGS:

Al-Anon Thursdays, 6:30 pm
Alcoholics Anonymous Sun, Mon 8:00 pm/Thurs, 8:30 pm
Girls/Boys Club Mondays, 4:00 pm
Narcotics Anonymous Wednesdays, 8:00 pm
Omega Boys Club Tuesdays, 7:30 pm

FACILITIES:

Auditorium for theatre presentations, lectures, weddings, workshops and receptions
Bulletin board with employment and event listings
Gymnasium and recreational space
Meeting spaces available for use by community groups
Mini-park

ACTIVITIES & SERVICES:

• After School/Summer Youth Activities
• Arts and Crafts
• Food Distribution
• Gang Prevention
• Girls/Boys Club
• Graffiti Paint Out
• Juvenile Probation
• Home Supervision
• Peer Counseling

• MET Theatre Ensemble
• Senior Nutrition Program
• Social Development Center
• Tutoring Program
• Youth Employment
• MYEEP/SYETP
• Job Readiness
• ZAP Project (substance abuse day treatment for adolescents)

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The NABE is wheelchair accessible. If you have the need for the services of a certified American Sign Language interpreter, or a sound enhancement system, or meeting in an alternative format please contact (415) 826-8080 at least three working days prior



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Dogpatch To Seek Landmark Designation

(Continued from Page 1)

He believes, however, that Landmark status would make it far more difficult for new multi-unit structures to be approved by the Planning Commission in the years to come.

Rob Anderson, the current chair of the Dogpatch group, told *The View* that a meeting to organize the effort will be held on February 2 at 7 p.m. at the home of Susan Eslick and Christopher Irion, 1129 Tennessee, phone 648-9511. All interested parties are urged to attend.

This meeting will include a presentation by Ver Planck and a discussion about what steps must be taken to gather supporting documentation for the Landmarks Board approval, such as petitions, political support, and a thorough description of the structures in the affected area.

Anyone with suggestions, or who wished to lend support in any way, is urged to call Rob Anderson at 648-3436 and attend the meeting on February 2.

Permit Parking Petitions Now In City's Hands

(Continued from Page 1)

When the study has been completed, if the blocks petitioned are found eligible for Residential Parking Permits, then the Dept. of Parking and Traffic will notify the Potrero Hill residents involved.

"Turning in the signatures is still not a guarantee that the areas will have Residential Parking Permits," Drefke noted. "There are still many steps to go through. We may not see final results until a year from now, just in time for the opening of the new ballpark in April, 2000."

At *Potrero View* presstime, Drefke indicated that a dozen neighborhood canvassers "had turned in petitions with what they feel is a majority of households on the blocks they covered."

"These neighbors were instrumental in gathering signatures to start the works moving and perhaps obtain Residential Parking Permits for their areas of Potrero Hill," Drefke added.

Petitioners included Epic Parea; John De Castro; Shawn Gorman; Wilma Svenson; Robert Barry; Richard Hutson; Linda Twigfire; Nancy Anding; Bob Steinbert; Al Gilbert; Richard Rockwell and Lupita Parea.

Meetings will take place to get public input on just what kind of restricted parking would be acceptable under the permit program, Drefke said.



Winning Landmark designation for buildings such as these is the goal of Dogpatch activists.

Potrero Hill Archives Project photo

A Look at Treating Colds and Flu With a Series of Natural Methods

San Francisco is in the midst of what seems to be a particularly rough cold and flu season.

Upper respiratory infections (URIs) typically begin with a sore or scratchy throat, aversion to cold or alternating chills and feverish sensations, fatigue and muscle aches and progress to either chest symptoms, such as cough and tightness, or to sinus problems (aka "head colds"). These symptoms can last from several days to several weeks.

The common cold can be caused by a variety of viruses. We are constantly exposed to many of them, yet most people only "catch cold" once or twice a year. This implies that it is a decrease in our resistance, not simply exposure to a virus, which causes us to catch a cold.

Many of us take decongestants, antihistamines, cough suppressants and other over-the-counter medications to feel better and be able to continue our normal routines. However, these can often interfere with the body's normal defense mechanisms and can actually prolong the illness. For example, when viruses invade the lining of the respiratory tract, our tissues increase the production of mucus to "wash out" the invading organisms. This mucus is also filled with antibodies and other immune chemicals to attack these viruses. When we take antihistamines and decongestants, we put the brakes on this process, which allows the viruses to stay in the body longer.

Another example is the role of fever in illness. Many people consider fever an unpleasant symptom of disease, which when overcome signals recovery from the illness. They will, therefore, take medications to reduce their fever. While it may be important to bring fevers down when they get too high, the low grade fevers (100° - 102°) we get with most URIs are actually the body's response to infection and part of the body's defense mechanisms.

Increased temperature and metabolic rate make the immune system work more quickly and efficiently and inhibit viral reproduction. In other words our fever isn't caused by the virus but by our immune response to the virus. Many traditional therapies for URIs actually involve sweating or warming the body to create brief artificial fevers so our immune systems can obtain the upper hand in the battle between virus and human.

So, what can we do to prevent URIs or deal with them effectively once we've caught cold? Fortunately there are many common sense natural therapies at our disposal.

The first step is prevention. Maintaining a healthy immune system is a prime way to protect against getting an excessive number of colds. Good nutrition is fundamental, with beta-carotenes (found in vegetables and fruits), vitamin C and zinc being particularly important. All of these are antioxidants that protect against free radical damage to cells and enhance a variety of immune functions.

Proper stress management is also important, as chronic stress can weaken the immune system and set us up for recurrent URIs or prolonged illness.

Use of tobacco or excessive amounts of alcohol, high glucose or cholesterol levels in the blood, excessive sugar consumption and allergies have all been shown to significantly weaken the immune system. Therefore, these should be properly managed to optimize immune function.

But if your efforts at prevention fail and you catch a cold, there are many things you can do to speed your recovery.

With a healthy, functioning immune system, a cold should not last more than several days. However, once a cold has taken hold, it is difficult to throw it off completely after only a few days. Do not expect immediate symptomatic results when using natural substances, as most of these assist the body in overcoming the illness as opposed to suppressing the symptoms; in fact, your symptoms may temporarily worsen, though the course of the illness is generally much shorter.

When I was a student at naturopathic college, I remember one of my teachers was fond of saying, "A cold is your body's way of telling you to take a break." We think of colds as being minor illnesses and often try to ignore them and go on about our daily routines; this often drags out the symptoms and prolongs the illness.

The importance of adequate sleep and rest cannot be overemphasized; often a day or two of bed rest can greatly shorten the severity and duration of a cold. Numerous studies have shown that potent immune activators are released and many immune functions are greatly increased during deep sleep.

Dehydration of the respiratory tract has been shown to produce a much more hospitable environment to viruses than a moist environment. Drinking plenty of liquids helps prevent this dehydration and also improves white blood cell (WBC) function. The type of liquid you drink is important; concentrated sugars

such as soft drinks or fruit juices greatly reduce the ability of the WBCs to kill bacteria and viruses.

Vitamin C is the most commonly mentioned vitamin in helping prevent or treat the common cold. It has been shown to be antibacterial and antiviral, though its main effect appears to be improvement in host resistance by stimulating WBCs, increasing interferon levels and antibody response, to name a few. I typically recommend 500-1000 mg every two hours for adults during a cold.

Zinc is important. A recent double-blind clinical trial showed that using zinc lozenges in the early stages of a cold decreased its average duration by seven days. Eighty-six percent of the zinc-treated patients were completely over their colds within seven days.

I have personally found that soups are excellent foods to emphasize during a cold, especially Chinese hot and sour soup. Soups provide water, are easily digested, are high in nutrients, and hot and sour soup in particular makes you sweat. (Be sure to avoid cold drafts after eating this soup). Chicken soup has also been shown to be an effective cold remedy. It contains cysteine, an amino acid which thins the mucus in the lungs, and has been shown in studies to increase air flow through the respiratory passages. Adding garlic, onions, red pepper or hot spices to your chicken soup adds to its effectiveness.

Many herbs are useful in treating colds, usually due to their immune enhancing effects. In Chinese Medicine, a formula called Yin Chao is often used to prevent and treat colds.

In western herbal medicine, echinacea, goldenseal, and licorice are a few of the most commonly used herbs. These are all potent herbal enhancers of immune function, and when used properly, often shorten the length and severity of the average cold. These are also available in a variety of combinations at your local health food store.

Be sure to use herbs wisely and according to directions. Though these herbs are appropriate for short-term administration, long term use may decrease their effectiveness and may even cause health problems in some people.

Finally, if your cold symptoms are particularly severe, long-lasting, or produce unusual symptoms such as extreme fatigue, painful cough, etc., be sure to contact your health care provider for an examination and appropriate treatment. Self care can be effective for most colds, but occasionally in complicated cases professional care is necessary.

— Carl Hangee-Bauer, ND, LAc



Jackie Dolan, Daniel Webster Teacher, Mourned by Friends

If you're 35 years old or younger and went to Daniel Webster Elementary School, you may have been lucky enough to have had Jackie Dolan for a teacher. And if you're a Potrero Hill parent or guardinn with kids who went to Webster, you, too, probably remember the woman with the big hair and even bigger heart, who died last Nov. 11 of leukemia.

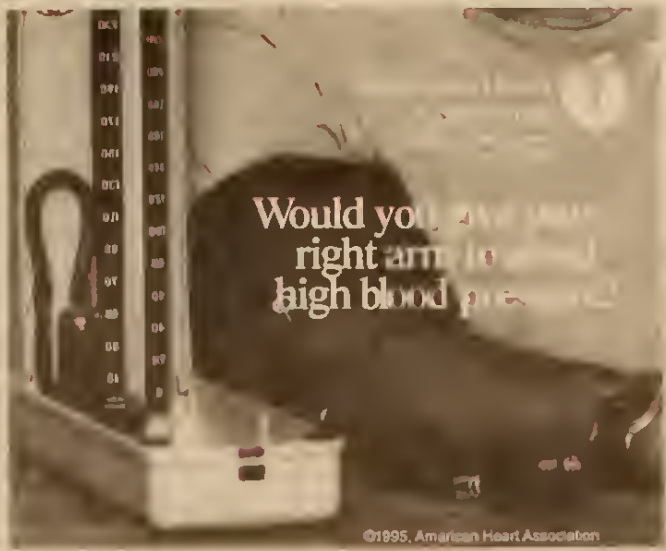
Jackie Dolan was a best-loved teacher because she loved children and treated each one of them equally. She was always challenging herself to find new things to inspire her students — from classroom contests, essays, math or reading clubs, to writing education grants that brought video artists into her classroom so students could make "movies" while improving reading and writing skills.

"Aim high!" Mrs. Dolan always aid, and in her calm, even and loving way she provided the inspiration for kids, and adults alike, to do their best. "Jackie always

thought about what she had to give to others," says her classroom assistant Edna Holman, "she was a friend first and then a co-worker." Video artist Kathi Wheeler remembers, "Anyone who had Mrs. Dolan in school, knew she didn't just talk about putting kids first, she absolutely walked the walk."

Jackie Dolan taught 38 years in the San Francisco Unified School District, with 30 years at Daniel Webster Elementary. She was recognized with a Teacher of the Year Award in 1995, and received the San Francisco Distinguished Teacher Award and the Christa McAuliffe Award for Science in 1986. Still, she will be remembered most for her day-to-day kindnesses and the fine teaching skills she shared with the people of Potrero Hill.

Jackie Dolan lived in Noe Valley with her husband Harry. She is survived by her husband, two children, Michael and Denise, and five grandchildren.



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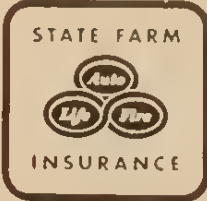
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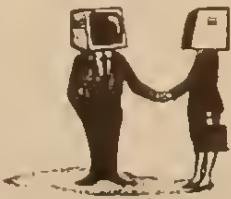
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ST. LUKE'S HOSPITAL is sponsoring two free community lectures: Saturday, Feb. 6, 10:30 a.m. to noon, "Diabetes Update: Inhaled Insulin and other advances," takes place at the Hospital, 3555 Cesar Chavez St. Call 641-6465 to register; Friday, Feb. 19, 6-8 p.m., "Osteoporosis Questions and Answers," takes place at the Noe Valley Ministry, 1021 Sanchez St. Call 641-6465 to register.

SHANTI VOLUNTEER TRAINING: Your help is still needed, because people still have AIDS. Training sessions will be held Feb. 19, 20, 21, 27 and 28. Call Maureen Smith at 674-4722.

LOVE-IN ALL WEEKEND AT THE SFSPCA There will be a Valentine's Day party Saturday and Sunday, Feb. 13 and 14, from 11 a.m. to 6 p.m. for potential adopters and their friends, at the Maddie's Pet Adoption Center, 2500-16th St. For more info call 522-3500.

FREE SERVICES FOR PETS OF HOMELESS PEOPLE continues through February, including spay/neuter surgery, free checkups, vaccinations and routine medical care, free collars and ID tags and free grooming at the SPCA Grooming College. Also \$20 gift certificates for free pet food, dog sweaters or leashes. Limit, two pets per person. Make appointments by calling 554-3097, or drop by the switchboard any time between 10 a.m. and 4 p.m.

PHOTOS, CLIPPINGS, JOURNALS, PERSONAL HISTORIES ... Lower Potrero Hill Neighborhood Assn. solicits memorabilia about Dogpatch. Any historical info pertaining to our neighborhood is needed and dearly valued. Goal is to designate Dogpatch as Historical District. Call Susan, 648-5511.

THE S.F. OLDER WOMEN'S LEAGUE (OWL) is hosting a program on "Eleanor Roosevelt: A Woman of Many Transitions," Saturday, Feb. 17, 10:30 a.m. to 12:30 p.m. Phone 989-4422 for the location of the meeting.

COMMUNITY MUSIC CENTER PROGRAMS FOR FEBRUARY include the Annual mid-year concert of school age children and youth enrolled in CMC's intensive training programs, performing original compositions, jazz and classical chamber works, Saturday, Feb. 6, 11 a.m. Admission is free; Sunday, Feb. 7, 4 p.m. the 1999 Faculty Concert, featuring the Jenny Scheinman Quartet in modern interpretations of works produced in the 1930s by Gypsy guitarist Django Reinhardt in collaboration with jazz violinist Stephane Grapelli. Free. For info call 647-6015.



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UCSF HOSTS WORKSHOP on safe medical drug use for older adults. To help older adults better understand the health issues related to the safe use of drugs the UCSF Institute for Health and Aging and School of Pharmacy is hosting a half-day free workshop, on Saturday, Feb. 6, 8:30 a.m. to 12:30 p.m. at the UCSF Laurel Heights Conference Center, 3333 California St. To register or for more information call 750-5342. Pre-registration is required.

THE CALIFORNIA PALACE OF THE LEGION OF HONOR is presenting two final performances of a musical comedy version of "Rumpelstiltskin," by the Children's Theater Assn. of San Francisco, Saturday, Feb. 6 at 10:30 a.m. and 1 p.m. Performances are one hour and are suitable for children ages 3-12. Members \$6, non-members \$7. Tickets are not available at the museum. For info and tickets, call the Children's Theater Assn., 387-7089.

ALSO AT THE LEGION — workshops for kids three and a half to 6, where parents and children explore the museum and participate in art-related activities. Free after museum admission; no pre-registration required. For ages 7 to 12 there are docent-led tours followed by studio workshops taught by professional artist-teachers. These programs are held on Saturdays, Feb. 20 and 27, 2 to 3:30 p.m.

MODERN TIMES BOOKSTORE presents "Saul Landau: Red-Hot Radio," commentaries on sex, violence and politics at the end of the American Century. Tuesday, Feb. 16, at 7:30 p.m. On Feb. 25, at 7:30 p.m. the bookstore presents "Eric Drooker: Street Posters and Ballads," a musical picture show chronicling ten years of political and cultural upheaval on New York's lower East Side. For info call the store Monday - Thursday afternoons and ask for the Events Co-ordinator Brenda Sullivan, 282-9246.

FIND OUT EVERYTHING YOU NEED TO KNOW ABOUT PRE-SCHOOLS and have fun while you do it. Wednesday, Feb. 10, 6-8:30 p.m. at S.F. County Fair Bldg. (Hall of Flowers) in Golden Gate Park, 9th Avenue and Lincoln Way. Meet representatives from 80 pre-schools, get your questions answered, pick up applications and information, and attend a workshop on "How to Pick a Pre-School." Admission is free. For more info call Parent's Place, 563-1041.

THE S.F. PUBLIC LIBRARY presents "Shades of San Francisco: a Community Photo Album of the Western Addition." The exhibit features family, community and neighborhood photos, dating from the 1880s to the present, that were shared with the library from private scrapbooks and the photo collection at Shade of San Francisco photo day. The exhibit can be seen through March 25 at the Main Library, Skylight Gallery, 100 Larkin St.

THE MEDIA ALLIANCE, CRITICAL RESISTANCE AND NEW COLLEGE are presenting a series of films about the harsh realities of incarceration in the United States. Films include "The Farm," "Lockdown USA," "Pelican Bay," "Bui Doi," and others. Thursdays, through Feb. 25, at 7:30 p.m. For info and schedule call Andrea Buffa, 546-6334, ext. 309.

PACIFIC RIM SCULPTORS GROUP announces an exhibition, through February 26, of works that suggest a figure or the presence of a human being. The exhibit is located at the Contract Design Center outdoor sculpture courtyard, 600 Townsend, at 7th Street. The exhibit is free and is open to the public Monday thru Friday, 9 a.m. to 6 p.m. Call 822-8194 for information.

ZEUM, the new 34,000 square foot model art and technology center for youth, ages 8 to 18, located at the Rooftop at Yerba Buena Gardens, will present a variety of activities throughout the month of February. ZEUM is open Wednesday thru Friday, noon to 6 p.m., and Saturday and Sunday from 11 a.m. to 5 p.m. Admission for members and under 5 is free; ages 5-18 \$5; adults \$7; seniors and students \$6. For information call 777-2800.

SF GENERAL HOSPITAL/UCSF SEEKS VOLUNTEERS for a study on alcoholism that will focus on family traits, investigating the genetic links among behavior, personality characteristics and biological factors. Study participants must be 18 years of age or older, alcohol-dependent or the sibling or parent of someone who is alcohol-dependent and volunteering for the study, and addiction-free of other drugs except nicotine. All information will be kept confidential. Each person who completes the study will be reimbursed \$30-50. Participation will require three to four hours of time with a research assistant. Call the toll-free number at 800-805-UCSF.

THE RANDALL MUSEUM CELEBRATES National African American History Month with "Family Affair." The day begins with "When the Drums Sang," a workshop that invites children to use rhythm, acting, song and movement to help dramatize African folktales. The workshop is followed by a performance by "Family Affair" highlighting the unique music, instruments, folktales and history of African American culture. Saturday, Feb. 27, 1 p.m. for the workshop, 2 p.m. for the performance, at Randall Museum, 199 Museum Way (off Roosevelt, above the Castro). Cost is \$3 per person for the workshop OR the performance, \$5 for both. For info call 554-9600.

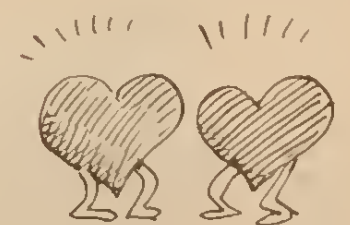
W.O.M.A.N., INC. (Women Organized to Make Abuse Non-existent) needs crisis line volunteers for its 24-hour hotline. Volunteer training begins in February. Call 864-4777 for more info.

BLACK HISTORY MONTH will be celebrated Sunday, Feb. 25, from 3 to 5 p.m. at the Potrero Hill Neighborhood House. The program, titled "A celebration in Black," will feature the Nabe's Youth Choir, and the youth from the After-School programs, followed by a potluck dinner. The public is invited to this annual free event. The Nabe is located at 953 De Haro St.

VOLUNTEERS: Culturally sensitive adults needed to mentor African American and Latino youth in foster care. Call Alternative Family Services at 626-2700.

THE CALIFORNIA COLLEGE OF ARTS AND CRAFTS is holding an Open House at their new campus, 450 Irwin St., on Feb. 23, from 7 to 9 p.m. Prospective students and their parents can tour the studios, speak with faculty and current students, and view student work. Admissions and financial aid information will be available. For info call 703-9523.

ST. TERESA'S CHURCH will hold a Hearts and Flowers Luncheon and Silent Auction on Saturday, Feb. 13, from 11:30 a.m. to 3 p.m. in the Church Hall, Connecticut and 19th Streets. For info and to reserve a space, call 285-5272.



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Area Arts Community Mourns Hayden Davis

By Ruth Passen

Hayden Carlos Davis was born on March 7, 1974 (the year of the Tiger), and died January 1, 1999. Though his life span was short, it was filled with love, fun, adventure, fatherhood and a loving, large extended family.

Davis was a native San Franciscan, spending most of his early life in Noe Valley. In his early years he attended Buena Vista School, and daycare at The Farm (Potrero Avenue near 26th Street). Later he was enrolled at St. Paul's, and then at McAteer High School.

During his teens he became involved with the Urban Pioneer Program — a wilderness learning experience. He worked in the San Francisco Police Department's Wilderness Program and escorted city kids into wooded Bay Area parks where he taught them mountain climbing and river rafting. On one of those outings, a youngster got trapped in the water after the raft he was on overturned. Davis went to his rescue, and when he realized that the boy was caught up in one of the raft's moorings, he swiftly used a hunting knife to cut the youth away and brought him to safety.

His parents, Jack Davis and Judy Davis, have been involved with the San Francisco arts community, and so Hayden and his sister Sarah gained technical abilities that earned them tech jobs with many of the theater and rock groups who perform in the area. Davis also worked for his

stepfather Chet Helms at the Maritime Hall music concerts, including Reggae on the River in Garberville, and with SOMAR's Friends of the Support Services (where his father is the Executive Director). He also worked supervising stage construction for the SF Blues Festival and a variety of street fairs — most recently with the 1997 Summer of Love Festival in Golden Gate Park. Davis was a valuable asset at Rainbow Grocery and helped move the store from its former Mission Street address to its current site at Folsom and Division Streets. He was working closely with the Stagehands Union, Local #16, where members considered him a potential "brother."

A tremendous outpouring of love and affection were offered at a memorial for him at Mission Creek Jan. 10. Among those who attended to remember Hayden were members of the San Francisco arts community, including the Mime Troupe, writers, actors, and members of the S.F. Arts Commission. Remembrances from those who could not attend included those from his godparents Amy Irving and Herb Blau.

Davis was named for his father's great-grand-uncle, Carl Hayden, a Democrat who had served for 56 years as U.S. Representative and Senator from Arizona from 1912-1969. Davis is survived by his wife Tessa and children, three and a half year old Jordan, and his two year old sister Jacqueline.

Contributions of support may be sent to The Davis Family Fund, 300 Channel, #22, San Francisco 94107.



Hayden Carlos Davis and his sister Sarah.
Michael Dingle photo

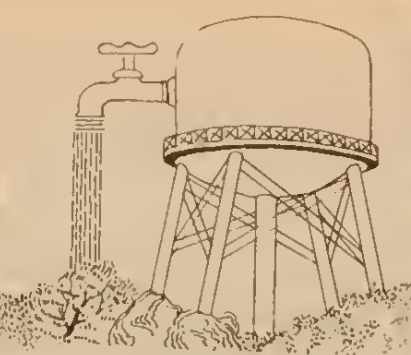
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Recycling Efforts Continue to Grow in the City, But There's Still a Lot More That Can Be Done

More than 90 percent of San Francisco residents are now recycling at least once every two weeks, according to a recent survey conducted for the San Francisco Recycling Program by David Binder Research. 70 percent of residents recycle at curbside, while 20 percent recycle in apartment buildings. In addition, 18 percent recycle at drop-off or buy-back centers.

While the vast majority of residents reported that they are recycling, the survey also showed that residents are not always recycling the full range of recyclable items. For example, while more than 85 percent of residents

reported that they recycled newspapers, glass jars and bottles, aluminum cans, cardboard boxes or plastic bottles, fewer than 71 percent reported recycling junk mail; 70 percent recycled tin or steel cans; and only 22 percent recycled aerosol or paint cans.

When asked about recycling other items, 63 percent of San Francisco residents would like to recycle yard trimmings if they could, 52 percent say they would recycle used motor oil and 43 percent would recycle food scraps. More than one-third of respondents volunteered that they would be interested in recycling additional plastic items.

Both residents who use curbside recycling and those who recycle within apartment buildings agree that the most helpful improvement to each program would be more information provided on what can be recycled and how to recycle. Larger bins and bins that are easier to access were also mentioned, but were considered less helpful than additional information.

The most common reasons residents gave for not recycling was that they didn't have a place to store materials or they thought that trash collectors or other city employees sorted recyclables from their trash.

The younger generation is definitely encouraging parents to recycle. Almost two-thirds of respondents with children reported that they had heard their children talking about recycling at home.

Actual recycling figures for 1998 back up the survey results. 1998 was a record year for curbside recycling. San Franciscans recycled more than 125 million pounds of paper, glass, aluminum, steel, and plastics through the Curbside and

Apartment Recycling Program last year — up more than five million pounds from 1996. That's more than 384 pounds of recyclables per household!

While this total is impressive, there is still lots of room for growth. People are currently recycling only a little over one-third of what's recyclable through the curbside and apartment recycling program. And there is still a long way to go to achieve the state mandated goal of reducing waste by 50 percent.

Paper, including newspaper, remained at the top of the list of materials recycled, making up more than three-quarters of all recyclables collected. The next more recycled material was glass, accounting for about one-fifth of the total.

For more information on any of our programs, call our 24-hour hotline at 554-RECYcle, or visit us on the web at www.sfreecycle.org.

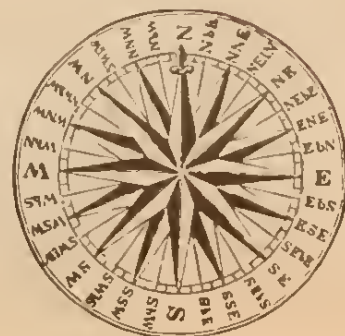
— David Assmann
SF Recycling Program

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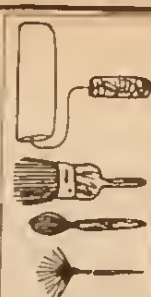
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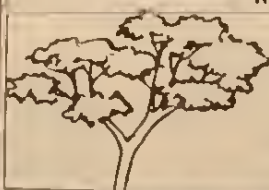
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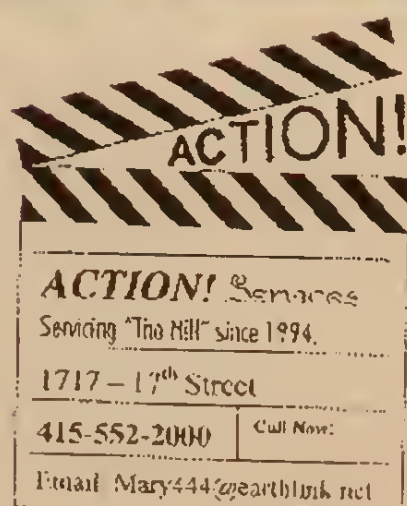
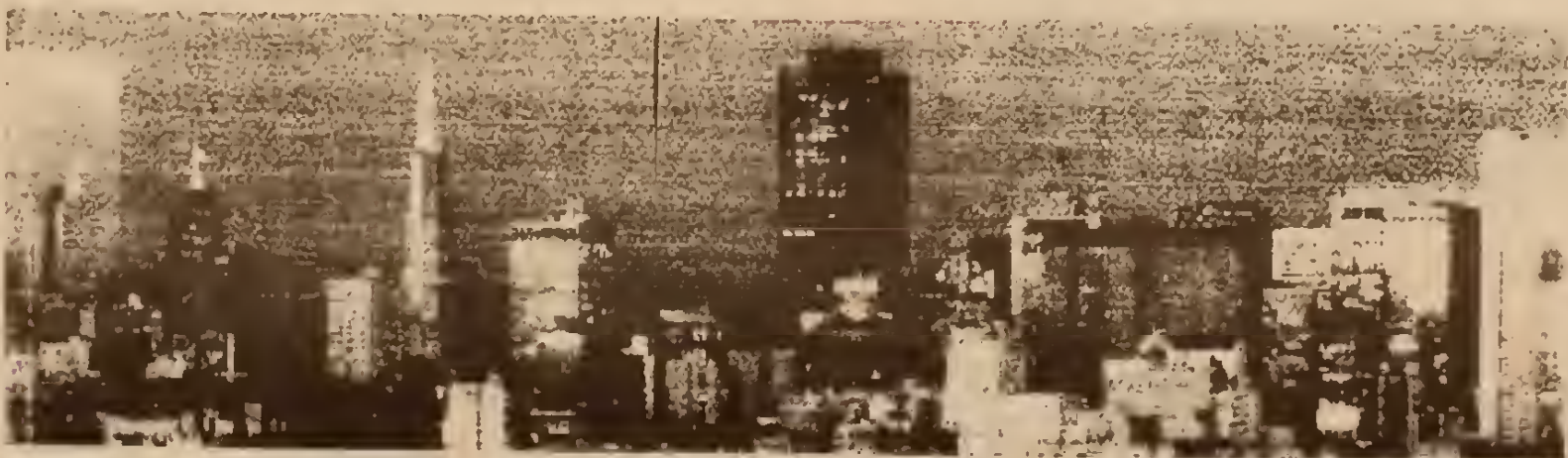
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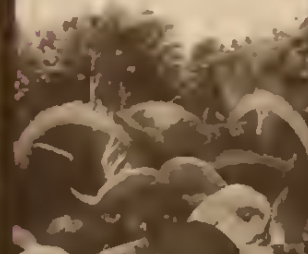
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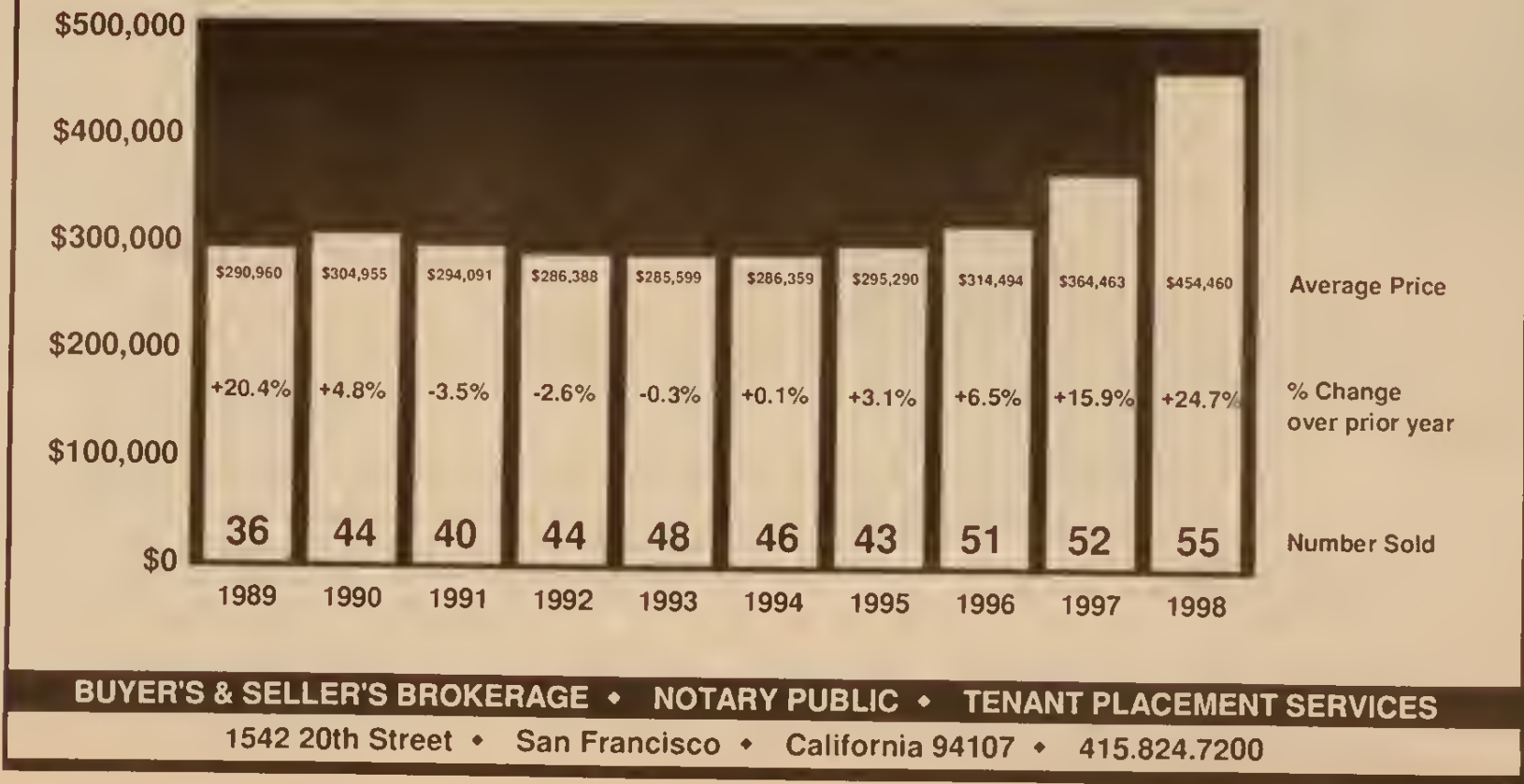


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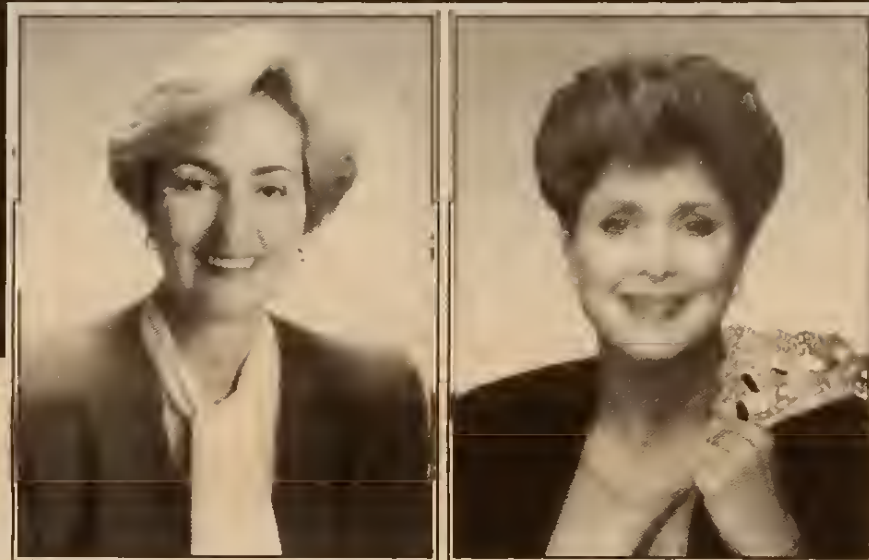
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ONE-EYED JACKS: We buy out or conduct on premises Estate Sales. Will also buy single items, i.e.: period furniture from 1960s back (some newer), and collectibles, Oriental rugs, art, jewelry, lamps, tools, garden statuary & pottery, brick-a-brac & more. Call or visit us at 1645 Mkt. St., 621-4390 & 585-1901.

THE PINK PELICAN is a short term furnished rental on the North slope of Potrero Hill. Beautifully restored and historically furnished, this 130 yr. old "Painted Lady" has spectacular views of Downtown and the Bay. This large flat has two romantically decorated bedrooms & spacious "Grand Room"; red oak hardwood floors, luxuriously accessorized & tiled, bathroom & kitchen, forced air heating, cable TV, VCR, maid, laundry, linens & all utilities included. Short term, furnished Garden Studio also available. Walk to fine restaurants, cafes and shops. No smoking. 642-8528.

PEACEFUL KINGDOM PETSITTING: personalized, loving pet care in your home. 20+ yrs. experience w/all phases of animal care. Excel refs, 431-2242.

ADM ASST: Exp'd perm P/T AA for small Potrero Hill business consulting office. Organized, resp. and computer-savvy. 65 wpm. Pay DOE. Fax(415)255-1995. EOE.

NICK'S '65 Toyota stout vintage pickup hauling. Small jobs - debris - backyard. Old stuff. Page 560-3637, 24 hrs.

ROOMMATE WANTED to share 1800 sq ft 2bdr beautiful, fully furnished Edwardian flat. LR,DR, den, library, w/d, dw, storage. Garden. Cable tv, many amenities. Convenient to 280, restaurants, downtown. Negotiable lease; short term possible. \$1350/mo incl utilities (except phone). Call Anita, 648-1537.

SUBLET AVAILABLE: Feb. 16-April 16, Fully furnished, beaut. 2 bdrm hse w/vus, w/d, dishwasher, hrd flrs. Easy pkg. yd. in Glen Park. \$3000. Rose, 585-8022 or Jim, 585-1901.

FOR SALE: Guitar case, brand new, standard size. Call 648-7363. \$50.00.

A PILL TO LOSE WEIGHT and boost energy. Call Jenifer for free sample of Thermolift. (415) 378-5781.

MASSAGE FOR MEN & WOMEN: relaxing Swedish massage at 21st St. and So Van Ness. \$40/1 hr; \$60/1 1/2 hrs introduction rate. Roger, CMT. 643-8208.

TREES, SHRUBS, HEDGES: Professional arborist, neighborhood resident. 20+ years exp. Free estimates, reasonable rates. Call w/any garden questions. Call Bill Squire, 826-6160.

WHY CLEAN? ALLOW ME TO DO IT! Save time and money with a detail-oriented professional. Cleaning Extra-ordinaire at your service. Mike, 928-3199.

STRONG MASSAGE FOR MEN: Skillfully tailored massage therapy specializing in deep tissue, sports massage & injury rehab. 8 yrs. exp. Low intro rates. Potrero Hill. Jim, 282-0837.

SENIORS (60+) DON'T EAT ALONE! JOIN US FOR DAILY LUNCH AND ADD TO YOUR SOCIAL LIFE: Learn dances Fridays before lunch. Mon-Fri, hot nutritious meals - your first time with us you get a free lunch! Potrero Hill Neighborhood House, 953 De Haro St. For more information call 826-8080, ask for Alicia S. Soberano.

"CLEANINGHOUSE" home, off, apt and apt bldg maint, cleaning! Reg. & one-time, move-in/out. Roger Miller, refs. 664-0513.

VISITORS WELCOME: Comfortable, furnished apt, nonsmoking priv. entrance, great Pot Hill location. Avail for few days/few wks. No live-ins. 285-0251.

SEEKING: Journalist willing to work as volunteer on local community newspaper. Background in newswriting, able to cover community meetings. Please submit resume and clips to Box 30, The Potrero View, 953 De haro St., S.F. 94107

RELIABLE RELOCATIONS: Moving service at affordable rates. 2-3 men. Careful, friendly, experienced. Large, fully equipped truck. Res. or ofc moves. Serving entire Bay Area. 621-5164.

GUEST GARDEN APT. - Priv. entrance, smartly furnished, cable tv, full kit., ideally located, lux bath, no smoking, short term only. 282-5627.

CUSTOM SEWING: Slipcovers, costumes, alterations. No job too big or small. Call Cleo, 643-3477.

STEREO REPAIR: Save time and money! Offering in-home repairs at reasonable rates. Formerly with Pacific Stereo, now serving the S.F. community since 1983. Evening, weekend appointments available. Thorough, conscientious, guarantee, refs. Gene's Sound Service, 553-3751.

UPHOLSTERY: We repair, rebuild & recover overstuffed chairs, ottomans, sofas & dining chairs. Free est., reasonable rates. Jorge Meraz-Baca, 282-2256.

GOURMET VEGETARIAN CUISINE delivered to your doorstep. Diverse menus, naturally low in fat, cholesterol & salt. Treat yrself right! Gift cert. avail. For mo. menu call Jane, 826-2133.

HAULING: SGHLEPPER BROS (POOD NOT BOMBS) Activists Quick, fair, yogic, totally reliable. Tom, 824-4214.

POTRERO HILL LOGKSMITH: Ca. lic. loc 42/bonded, insured. Free estimates. Reasonable rates. Call 285-0948/Pager: 414-0609.

DOG WALKING/PET SITTING: Need someone to care for your friend while you are at work? Going away and can't bring him along? Call Jennifer at 821-0205. Veterinary experience. References available.

HOUSECLEANING: We provide organic cleaning at homes, offices. Free estimate. Call at (415) 469-5478.

GARDENER: Reliable. Fair rates. Potrero Hill references. Maintenance. Irrigation. Plant selection. Clean-up. Tom, 255-6225.

I HAVE EXPERIENCE CLEANING houses & apts. Reas. rates. Don't hesitate to call me, you will never regret it! Javier, (510) 286-0124.

WEB PAGE \$500 - SITES \$1200+ The Web is the fastest growing way consumers find products ... can they find you? One page identity with e-mail address to multi page sites. We secure your domain name and web server and make-over existing sites. Yvonne 415-643-2800. Mail @ or www.hand-shake.com

SECRETARIAL SERVICES: W/P, book-keeping, all gen. office work. Computer/fax. Helene Winkler (415) 334-9853.

PETSITTING by a reliable Pot. Hiller. I'm experienced, friendly, and have excellent references. Matt, 821-0205.

STEVE MORGENSTERN-HAULING: Dump runs. Pay me in cash and/or old stuff. Free estimates. Prompt service. Call 902-8026 anytime.

HOT FLASH! MIDLIFE WOMEN'S GROUPS in Noe Valley. Meet with women your age, supporting each other through the struggles, challenges and joys of midlife. We are trailblazers and elders in training, redefining what aging means to us. Arlene Dumas, LCSW, 641-4553.

PROFESSIONAL, ETHICAL, spiritual, intuitive counseling. 20 yrs experience. Clairvoyance, astrology, numerology, tarot. Nat'l. clientele. Reas. rates. Phone or in person. Free 15 min. Anne, 826-7190.

OVERWORKED, UNEMPLOYED, MISEM-LOYED? I'll help you clarify your ideal career, build an action plan and follow through to transform your dreams into reality. Workshops and individual consultation on Potrero Hill. Deborah Gavrin Frangquist, 415-642-0225.

FURNITURE STRIPPED & REPINISHED excel work quickly done, e.g. dresser w/ millor \$200 w/pk-up. **ONE-EYED JACKS** 621-4390

SLIDE SHOWS - BROCHURES Slide show presentations, flyers and brochures, newsletters, copywriting, publicity campaigns, etc. If you need to promote your services, products, business or cause, we can help. Free consultation. Yvonne 415-643-2800. Mail@ or www.hand-shake.com

CLEAN & NATURAL: House cleaning service. We use enviro-safe products. Reg. or occasional. Bus Lic. bonded. Free estimate (415) 303-9865. Simone.

LONELY DOG? BORED CAT? Rent him a friend! Dogwalking, housesitting, good rates, honest Pot. Hill resident. Refs avail. Call Matt, 821-0205.

LEADING CONTRAGT FURNITURE DEALER seeks experienced receptionist for fast paced SF showroom. Candidate must be dependable, professional, positive service-oriented attitude, outstanding phone manners and strong command of English and grammar. At least one yr. exp. Computer proficiency: Excel, MS Word, etc. Custom software Solomon IV will train. Highly competitive compensation package including medical, dental, 401K and profit sharing. Send resume to MS POB 7231, S.F. Ca. 94120.

MOVING SALE 2/1 - 2/9: Everything must sell. Potrero Hill residence: Queen size bed & frame; 3-sectional Oak wall unit; glass & wood dining table & 6 chairs; 2 sofas; coffee table; 2 leather occasional chairs; 2 white armoires; dishes & more. Call 282-8331.

CUSTOM DRAPES, SLIPCOVERS, duvet & table covers, pillows & bedspread made. Notary on wheels. Doris, (415) 337-9003 or Pager, (415) 708-9620.

HANDY JIM: Carpentry, painting, plumbing, electrical, masonry, hauling. Jim Kennedy, 661-3724, Ca.lic#751689.

TELEPHONE JACKS installed & repaired. Residential, business, add, changes/relocate. Isdn Business system. Quality work, excellent rate. (415) 245-8355.

WORK SPACE FOR RENT: Potrero Hill, approx 200 sq ft with hot/cold water, plenty of electricity, no windows. Secure, private. Photo darkroom or ??? Rent negotiable. (415) 431-8886.

PARKING: \$85.00 off street/\$125.00 inside. 19th & Kansas Sts. 824-3662.

HOME HEATING SPECIALIST: Warm air furnaces, ductwork, chimneys installed, replaced. Problem systems improved, quieted. 20 yrs in S.F. Lic. #459387, Larry Fitzsimmons, (415) 826-0308.

GLEANING UP THE HILL! My vacuum-ing filters many pollens, spores, dust mites, etc. from the air. Call Vonnie, (650) 359-3276.

EXPERT CLEANING: Reliable, professional. House, apt & office cleaning available. References & experienced. Call Grant, 643-6900.

CAT GROOMING: Have your cat professionally groomed. Includes bathing, (regular or flea), dematting, nails cut. I am an experienced graduate of the SF/SPCA Pet Grooming College. Debbie, 826-2371.

LOGKSMITH & HANDYMAN SERVICE: Free estimates, no job too small, all work guaranteed. CA permit #Loc 3483. Bill, 650-755-8542.

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Sells Muni Fast Passes

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Fast Passes are available for sale from the 25th of the prior month until the 8th of the current month.

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